



**WAHCE Leadership POOL**  
**Train-the-Trainer Lesson on Cancer Clear & Simple: Cancer Screening & Early Detection**

**HCE LEADER’S PLANNING GUIDE**  
**HOW TO USE THESE MATERIALS**  
**Cancer Clear & Simple, Part 2: Cancer Screening & Early Detection**

**Concepts that will be taught: Cancer Screening & Detection**

What cancer screenings participants should get and when they should get them. How cancer is detected through screenings.

**Learner Objective**

- **Early Detection: the importance and benefits of screening**
- **What are the basics of early detection?**
- **Benefits of having a screening exam**
- **Learn about screening exams covered in this session: colonoscopy and mammogram**

**Handouts** - Information Sheets and Questions to ask Your Doctor: Colorectal, Breast, Cervical, and/or Prostate; Online Research handout; Qualtric Survey.

**Activities** - “Breast Health Radio Show”, “Breast Health Penny Story”, and/or “Colorectal Health Radio Show”.

**A note to the leader:** Breast Cancer and Colorectal Cancer screenings were chosen for this lesson because they are two of the most common cancers that have a screening exam. Lung cancer currently doesn’t have a screening exam. Due to time constraints and the fact that not every person does not have a prostate, prostate cancer wasn’t covered in this lesson. If you are interested in more information on prostate screening and prostate cancer, please refer to the [ruralcancernetwork.org](http://ruralcancernetwork.org) website or contact your doctor.

Please remind your participants that you are not a medical expert and this information is meant to provide basic information regarding cancer screening and detection.

<b>Learner Objective</b>		<b>Time</b>	<b>Activity</b>
Introduction		1 minute	“Have you had a conversation with someone about screening?”
Objectives for lesson	PPT Slide 3	1 minute	Read objectives
Recognize benefits of early cancer detection	PPT Slide 4 and Slide 5	3 minutes	<b>Early Detection</b> Read slide 4 and 5. Have participants discuss “Why is early

			detection important?" – ROUNDTABLE DISCUSSION
What are the basics of early detection?	PPT Slide 6	1 minute	Read slide/notes.
Benefits of having a screening exam	PPT Slide 7	3 minutes	"What are the benefits of having a screening exam?" - ROUNDTABLE DISCUSSION. After discussion read notes to audience from slide.
Men's and Women's Health	PPT Slide 8	1 minute	Cancer that affects both men and women's health includes skin cancer and colorectal cancer. Read slide
Note: Colorectal Screening was chosen to be covered because everyone has a colon and rectum. If you choose you can cover breast health and screening, depending on your audience. <b>Colorectal Cancer Screening:</b> Reason for screening, meaning of tests, and common questions	PPT Slide 9 and "Colorectal Health Radio Show".	8 minutes	Colorectal Health Radio Show
Women's Health (Optional/consider audience)	PPT Slide 10	1 minute	This slide covers Breast Cancer and Cervical Cancer. Read slide/notes.
Breast Health	PPT Slide 11	1 minute	Read slide 11 on Breast Health. A handout from the website <a href="http://ruralcancernetwork.org">ruralcancernetwork.org</a> on Breast Health can be used for this section.
Breast Self-Awareness	PPT Slide 12	1 minute + optional activity 8 minutes	Read Slide 12. Do "Breast Health Penny Story" OR "Breast Health Radio Show" optional activity as time allows (8 minutes).
Clinical Breast Exam	PPT Slide 13	1 minute	Read Slide 13
Understanding Mammograms (if you don't do a Breast Health activity)	PPT Slides 14&15	2 minutes	Optional if you don't include a Breast Health Activity
Thank You	PPT Slide 16		Today you learned about the importance of early cancer detection and screenings the most common of cancers: colorectal and/or breast.
Post-session Evaluation		3 minutes	Administer Qualtric Survey. Collect and submit to County Office to be entered.
	Total time	27-35 minutes	Depending on activities included

These materials were adapted from “Cancer Clear & Simple” a three session educational program developed in partnership with UW Carbone Cancer Center and UW Extension in order to address Cancer Health Disparities through education. Please visit the RCaN website at [www.ruralcancernetwork.org](http://www.ruralcancernetwork.org) for “Information Sheets”, “Questions to Ask Your Doctor”, “Healthy Tips and Ideas” and other resources.

**HCE Leader’s Planning Guide: How to Use the Materials – CCS (basics)**  
**Mary Ann Schilling, Family Living Educator, September 2014**